

# Harvest of the Month

## OCTOBER

## APPLE

### HEALTH BENEFITS

- FIBER
- VITAMIN C
- POTASSIUM
- VITAMIN K



LIVE WELL

### HISTORY & FUN FACTS

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland. Wisconsin orchards produce over 49 million pounds of apples each year.

Apples were used as symbols of love in ancient Rome and Greece.

Apples are very popular, each person eats around 65 apples per year!



### SHOPPING & STORAGE TIPS

Growing apples requires planting more than one variety for pollination. You also need patience because apple trees take four or five years to produce their first fruit!

In Wisconsin, apples are typically ripening and ready to pick in late August through October.

When selecting apples that are already picked, choose firm, shiny, smooth-skinned apples with intact stems. Apples should smell fresh, not musty.

WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



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[WWW.WAUKESHACOUNTY.GOV/LIVEWELL](http://WWW.WAUKESHACOUNTY.GOV/LIVEWELL)

## INGREDIENTS

- 1 tablespoon finely chopped shallots
- 1 tablespoon white wine vinegar
- 2 teaspoons whole grain mustard
- 1 teaspoon honey
- Kosher salt & ground black pepper
- 3 tablespoons walnut oil
- 2 Granny Smith apples
- 1 beet, trimmed and peeled
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped candied walnuts



## BEET & APPLE SALAD

1. Whisk the shallots, vinegar, mustard, honey, 1 teaspoon salt and a few grinds of pepper in a large bowl until well combined. Slowly drizzle in the walnut oil, whisking constantly to make a smooth, slightly thick dressing.
2. With a mandoline or the julienne blade of a food processor, shred the apples and beet into long thin matchsticks.
3. Spread the beets out on a serving platter and top with the apples. Drizzle the vinaigrette over top and sprinkle with the chives, parsley, walnuts, salt and pepper. Toss together right before serving.



## INGREDIENTS



- 3 McIntosh apples, peeled, cored and chopped into 1/2-inch pieces
- 3 ripe Bartlett pears, peeled, cored and chopped into 1/2-inch pieces
- 1 tablespoon fresh lemon juice
- 6 cinnamon sticks
- 1/4 teaspoon ground nutmeg
- 1 to 2 tablespoons sugar



FOR MORE INFORMATION VISIT  
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## SPICED APPLE-PEAR SAUCE

1. Combine the apples, pears, lemon juice, cinnamon sticks, nutmeg, 1 tablespoon sugar and 1/4 cup water in a medium saucepan. Bring to a boil over medium-high heat. Cover, reduce the heat to medium-low and cook until the apples and pears are very soft but still a bit chunky, 15 to 20 minutes. Taste the mixture and add the remaining tablespoon of sugar if desired.
2. Remove the sauce from the heat and stir a few times until the sauce is well combined with small chunks. Cool to room temperature. Remove the cinnamon sticks and serve. (For a smoother sauce, remove from heat, remove the cinnamon sticks and then whisk the mixture until smooth before cooling.)